



# NATIONAL NUTRITION MONTH

March is **National Nutrition Month**, a time to focus on the importance of making informed food choices and developing healthy eating habits. Whether you're looking to boost your energy levels, maintain a healthy weight, or simply nourish your body with wholesome foods, we've got you covered! Join us in celebrating National Nutrition Month by incorporating these tips, recipes, and resources into your daily routine.



Balance is Key

Portion Control

Aim to include a variety of foods from all food groups in your meals. This ensures you get a wide range of nutrients to support your overall health.

Pay attention to portion sizes to avoid overeating. Use smaller plates and bowls to help control portion sizes.

### Stay Hydrated

Drink plenty of water throughout the day to stay hydrated. Limit sugary drinks and opt for water, herbal tea, or infused water instead.

### Mindful Eating

Practice mindful eating by slowing down and savoring each bite. This can help prevent overeating and promote better digestion.

### Include Fruits and Vegetables

Aim to fill half your plate with fruits and vegetables at each meal. They are packed with vitamins, minerals, and fiber essential for good health.



### Meal Prep

Spend some time each week meal prepping to make healthy eating easier. Prepare batches of grains, proteins, and veggies to assemble quick and nutritious meals throughout the week.

### Read Labels

Pay attention to food labels when grocery shopping. Look for products with minimal ingredients and avoid those high in added sugars, sodium, and unhealthy fats.

## Choose Whole Foods

Opt for whole foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. These foods are nutrient-dense and provide essential nutrients your body needs.

## Limit Processed Foods

Minimize your intake of processed and packaged foods, which are often high in unhealthy fats, sugars, and additives.

## Healthy Snacking

Keep healthy snacks on hand such as nuts, seeds, Greek yogurt, and fresh fruit. This can help curb cravings and prevent unhealthy snacking.



### Quinoa Salad with Roasted Vegetables

Toss cooked quinoa with roasted vegetables like bell peppers, zucchini, and cherry tomatoes. Drizzle with olive oil and balsamic vinegar for a flavorful and nutritious dish.

### Grilled Salmon with Mango Salsa

Marinate salmon fillets in a mixture of olive oil, lime juice, and minced garlic. Grill until cooked through and serve with a fresh mango salsa made with diced mango, red onion, cilantro, and lime juice.

### Vegetable Stir-Fry

Stir-fry your favorite vegetables such as broccoli, bell peppers, snap peas, and carrots in a wok with a splash of soy sauce and sesame oil. Serve over brown rice or quinoa for a satisfying meal.

### Greek Yogurt Parfait

Layer Greek yogurt with fresh berries, granola, and a drizzle of honey for a delicious and nutritious breakfast or snack option.

### Black Bean and Sweet Potato Tacos

Fill corn tortillas with mashed sweet potatoes, black beans, diced avocado, and a squeeze of lime juice for a tasty and filling vegetarian taco option.

It's never too late to prioritize your health—schedule a check-up today and take the first step toward better health!



Schedule an in-office OR virtual visit with your local clinic!

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